

Helping someone who is having a:

Heart attack

Key action:
Call 999.

Recognise what to do:

The person may have persistent vice-like chest pain. The pain may spread to their arms, neck, jaw, back or stomach.

Steps to take:

Supporting knowledge:



Call 999 immediately and ensure they are sitting comfortably (for example, sit them on the floor, leaning against a wall or chair).

Give constant reassurance while waiting for help to arrive.

The person needs emergency help as soon as possible; a heart attack is very serious.

Sitting down will ease the strain on their heart. Sitting them on the floor will mean they are less likely to hurt themselves if they collapse.